## **SALEM RECREATION's**

## FALL 2016 ADULT TENNIS CLINIC

Instructor-Anne Santoro
Round Hill Road Tennis Courts

Tuesday Mornings 9:15 to 10:30 a.m.

Six Classes: September 20, 27, October 4, 11, 18, 25

Resident Fee: \$100 Non-resident Fee: \$105



Set some time for yourself to improve your game and fitness while you enjoy the beauty of Autumn! This clinic is designed for those with some tennis experience. Proper movement, stroke production, patterns of play, and strategy will be addressed. Instruction will also focus on developing balance, strength, agility, and flexibility. Each class includes warm-up, drills, play, and cool down.

You will need a tennis racquet, tennis shoes/sneakers, water bottle, and tennis or other athletic clothing you can easily move in.

To sign up, download and complete a Registration Form at salemct.gov. Mail completed form and payment to Town of Salem Recreation Department, attn. Vanessa Bunnell, 270 Hartford Road, Salem, CT. 06420. Please make checks payable to the Town of Salem.

